



*DIRECTORY OF
HEALTHY AGEING
INFORMATION
RESOURCES FOR
OLDER PEOPLE*




National Council on Ageing and Older People

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HEALTHY AGEING INFORMATION RESOURCES
FOR OLDER PEOPLE*

Report No. 76



National Council on Ageing and Older People



National Council on Ageing and Older People
22 Clanwilliam Square
Grand Canal Quay
Dublin 2

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STAA aims to enhance the well-being of older people with mental health needs through the Arts.

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TABLE OF CONTENTS

Topic	Page
Introduction	1
How to Use the Directory	2
Abuse	3
Accidents	3
Alcohol	4
Alzheimer Disease	4
Arthritis	4
Arts	5
Asthma	5
Attitudes	5
Backs	6
Bereavement	6
Bowel Disease	6
Cancer	7
Cardiovascular Health	9
Carers	9
Cholesterol	10
Community Development	10
Depression	10
Diabetes	11
Disability	12
Driving	12
Entitlements	13
Epilepsy	14
Equality	14
Falls	14
Feet	14
Financial Well-being	14
Flu	15
Food Safety	15
Housing	15
Hypothermia	16
Incontinence	17

Topic	Page
Joint Replacement	17
Legal Advice	17
Life-long Learning	17
Literacy	18
Medication	18
Menopause	18
Mental Health	18
Mentoring	19
Nutrition	19
Osteoporosis	20
Parkinson's Disease	21
Physical Activity/Leisure	21
Residential Care	21
Retirement	21
Security	22
Sexual Health	22
Smoking	22
Social Interaction/Loneliness	23
Stomas	23
Stroke	23
Travel	23
Ulcers	24
Vision	24
Voluntary Organisations	25
Women's Health	25
Directory of Agencies	26

INTRODUCTION

The National Council on Ageing and Older People (NCAOP) was established in March 1997. It is a statutory body representing the needs of older people. One of its main functions is to promote the health, welfare and autonomy of older people. The Healthy Ageing Programme was launched in 1998 with the publication of *Adding Years to Life and Life to Years: A Health Promotion Strategy for Older People* in conjunction with the Health Promotion Unit of the Department of Health and Children.

The goal of the Healthy Ageing Programme is to act as a resource that enables health promotion for older people to reach its fullest potential. This primarily involves enabling older people's groups, health and social service providers and individuals to realise and to act upon their health promoting capacity in four settings:

- * home
- * community
- * health services
- * nursing home and other long stay facilities.

Older people and older people's groups have an interest in improving their own health but may require practical help to achieve their health promoting capacity. As a result, the Council felt that a directory of existing healthy ageing materials from a wide variety of sources would provide practical assistance in this regard.

The materials listed in the *Directory of Healthy Ageing Information Resources for Older People* cover a broad range of topics including health and illness, lifestyle, rights and entitlements, housing, in addition to information regarding opportunities for life-long learning and personal development.

It is hoped that this Directory will act as a useful and practical information and resources manual for older people, health and social care providers, and community groups working with older people. Ultimately, it is hoped that the Directory will assist older people to reach their full potential and to enjoy health and social gains in their third and fourth ages.

If you would like to have material included in the next edition of this Directory, please contact:

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HOW TO USE THE DIRECTORY

The materials are listed by subject matter in alphabetical order and coded as follows:

- B = Booklet
- C = Calendar
- CD = Educational CD/DVD
- DE = Demonstration Equipment
- IP = Information Pack
- L = Leaflet
- P = Poster
- R/G = Reference/Guide
- S = Stickers
- V = Video
- W = Available to download from website only
- * = Materials marked with this symbol are available on loan from the relevant organisations

Full contact details of the organisations producing and distributing the materials are included at the end of the Directory.

NOTE: MATERIALS SHOULD BE ORDERED DIRECTLY (SUBJECT TO AVAILABILITY) FROM THE ORGANISATIONS LISTED AT THE END OF THE DIRECTORY. THE NATIONAL COUNCIL ON AGEING AND OLDER PEOPLE IS NOT RESPONSIBLE FOR THE CONTENT OF MATERIALS LISTED.

ABUSE**ACCIDENTS**

See also Driving, Falls

Title	Type	Organisation	
Senior Helpline	P/L	Summerhill Active Retirement Group	
The Hospital Support Service	L	Victim Support	
Working to Help You	L		
Your Rights as a Disabled Person Under the Law	B	Forum of People with Disabilities	
Accidents and Hip Fractures in the Elderly	B	Irish Osteoporosis Society	
Drink Driving	L	National Safety Council	
Fire Safety	S		
Fire Safety at Home for the Older Person: with Guidelines for Carers	L		
Fire Safety for Older Persons	L		
Fire Safety in Your Home	L		
Going to School	L		
Live Life: How Older People Can Avoid Accidents	B		Health Promotion Unit, Mid-Western Health Board or Health Promotion Dept., North Western Health Board
Slow Down Boys	L		National Safety Council
Smoke Alarms Can Save Lives	L		
Step up to Safety - Information for Older People on How to Use the Stairs Safely	B	RoSPA – Royal Society for the Prevention of Accidents	
Victims Charter and Guide to the Criminal Justice System	B	Dept. of Justice, Equality and Law Reform (UK)	
Will You Chance It?	L	RoSPA – Royal Society for the Prevention of Accidents (UK)	

ALCOHOL

Title	Type	Organisation
A Guide to Rethinking Your Drinking	B	Health Promotion Unit, Dept. of Health and Children
Directory of Alcohol, Drugs and Related Services in the Republic of Ireland	R/G B	
Drink Driving	L	National Safety Council
Is Drinking a Problem in Your Home?	L	Health Promotion Unit, Dept. of Health and Children or Health Promotion Dept., South Eastern Health Board
Women and Alcohol	L	Health Promotion Unit, Dept. of Health and Children or Health Promotion Dept., South Eastern Health Board or Health Promotion Dept., North Western Health Board
Alzheimer National Helpline	L/P	Alzheimer Society of Ireland, The
Alzheimer Society	JP	
Alzheimer Society of Ireland, The	L	
Alzheimer Disease	L	
Day Care	L	
Dementia	L	
Home Care	L	
You Must Remember This	V*	Health Promotion Unit, Mid-Western Health Board or Health Promotion Dept., South Eastern Health Board
Ankylosing Spondylitis	L	Arthritis Foundation of Ireland
Arthritis: Questions and Answers	L	

ALZHEIMER DISEASE
ARTHRITIS

See also Joint Replacement

Title	Type	Organisation
Complementary Therapies & Arthritis	L	Arthritis Foundation of Ireland (cont....)
Diet and Arthritis	L	
Drugs and Arthritis	L	
Fibromyalgia	L	
Osteoarthritis: Helping You to Understand Osteoarthritis	L	
Psoriatic Arthritis	L	
Rheumatoid Arthritis	L	
Understanding Gout	L	
Bealtaine - Celebrating Creativity in Older Age	L	Age & Opportunity
I'm Not Finished Yet	R/G	Age Action Ireland Ltd
Opportunities in Retirement: New Challenges in Older Age	R/G B	Age & Opportunity
Physical Activity and Asthma	L	North Eastern Health Board
What You Really Need to Know About... Asthma	V*	Health Promotion Dept., South Eastern Health Board
Age Awareness Training	L	Age & Opportunity
Ageing with Confidence Programme	L	Northside Counselling Service, Northern Area Health Board
It's Your Age	V*	Health Promotion Dept., South Eastern Health Board
Opportunities in Retirement: New Challenges in Older Age	R/G B	Age & Opportunity

ARTS

ASTHMA

ATTITUDES

BACKS

BEREAVEMENT

BOWEL DISEASE

Title	Type	Organisation
Third Age New Life	V	Summerhill Active Retirement Group
Backcare	B	Health Promotion Unit, Dept. of Health and Children or Health Promotion Dept., South Eastern Health Board or Health Promotion Dept., North Western Health Board
Adults Grieving the Death of a Parent	L	Irish Hospice Foundation
Bereavement Grant	L	Dept. of Social and Family Affairs
Families of Murder Victim Service	L	Victim Support
Grieving the Death of Someone Close	L	Irish Hospice Foundation
Information for Those Affected by Bereavement	B	Comhairle
Living Through the Death of Your Partner or Spouse	L	Irish Hospice Foundation
Senior Helpline	P/L	Summerhill Active Retirement Group
The Death of My Mother	L	Irish Hospice Foundation
The Death of My Wife	L	
When Someone Close Dies	B	Health Promotion Unit, Dept. of Health and Children
Booklet on Coeliac Disease	B	Coeliac Society of Ireland
Diet and Inflammatory Bowel Disease	L	Irish Society for Colitis and Crohn's Disease
Going Home – For All Round Support with a Pouch	B	Ileostomy and Internal Pouch Support Group
Going Home – For All Round Support with an Ileostomy	B	
Inflammatory Bowel Disease	B	Celltech Pharma Ireland Ltd

CANCER

Title	Type	Organisation
Information Pack	IP	Ileostomy, Colostomy & Internal Pouch Support Group
Is That a New Pouch You've Got?	B	
Irish Society for Colitis and Crohn's Disease	L	Irish Society for Colitis and Crohn's Disease
List of Gluten Free Manufactured Products	B	Coeliac Society of Ireland
About the ICSP / About Your Smear Test	L	Irish Cervical Screening Programme
Being Breast Aware is for Life	V*	Health Promotion Unit, Mid-Western Health Board
Bowel Cancer: What You Should Know	L	Irish Cancer Society
Breast Self Examination	L	Health Promotion Unit, Mid-Western Health Board
Cancer and Older People	B	CancerBACUP UK
Cancer of the Larynx	B	Irish Cancer Society
Cervical Cancer: What Women Should Know	L	
Cervical Screening Following a Hysterectomy	L	Irish Cervical Screening Programme
Charter for Women: Irish Cervical Screening Programme	V	Irish Cervical Screening Programme
Clued Up About Cancer	V*	Health Promotion Dept., South Eastern Health Board
Colposcopy (Examination of the Cervix)	L	Irish Cervical Screening Programme
Have Fun and Be Sun Smart: Prevent Skin Cancer by Taking Care in the Sun	L	Irish Cancer Society
How to Talk to Someone with Cancer	B	

Title	Type	Organisation	
Lung Cancer: What You Should Know	L	Irish Cancer Society	
Physical Activity and Cancer	L	North Eastern Health Board	
Prostate Cancer: What Men Should Know	L	Irish Cancer Society	
Talking About Your Cancer	B		
Testicular Cancer: What Men Should Know	L		
The Cervical Smear Test	L		
Understanding Acute Lymphoblastic Leukaemia	B	Irish Cancer Society	
Understanding Cancer of the Breast	B		
Understanding Cancer of the Colon and Rectum	B		
Understanding Cancer of the Lung	B		
Understanding Cancer of the Ovary	B		
Understanding Fatigue	B		
Understanding Hodgkin's Disease	B		
Understanding Malignant Melanoma	B		
Understanding Non-Hodgkin's Lymphoma	B		
Understanding Prostate Cancer	B		
Understanding Testicular Cancer	B		
What You Really Need to Know About....Cancer of the Prostate	V*		Health Promotion Dept., South Eastern Health Board
What You Really Need to Know About....Cervical Smear and Its Results	V*		

CARDIOVASCULAR HEALTH

(heart health & stroke)

See also Cholesterol,
Physical Activity, Smoking

Title	Type	Organisation
What Your Cervical Smear Test Results Mean	L	Irish Cervical Screening Programme
Your Skin and the Sun	V*	Health Promotion Dept., South Eastern Health Board
Get Active for a Happy Heart	L	Irish Heart Foundation
Get More Active. It's All About Balance!	P	
Handling Stress	P	
Healthy Eating. It's All About Balance!	P	
Heartwatch	L	
Manage Your Stress for a Happy Heart	L	
Physical Activity After a Heart Attack (Phase IV)	L	
Physical Activity and High Blood Pressure	L	
Real Men Get Heart Disease. You May Be One!	P	Irish Heart Foundation
Stopping Smoking for a Healthy and Happy Heart	L	
Things You Should Know About Heart Surgery	L	
What is Blood Pressure All About?	L	
What You Really Need to Know About....Heart Attack	V*	Health Promotion Dept., South Eastern Health Board
What You Really Need to Know About....High Blood Pressure	V*	
Carer Support Programme	L	CROSSCARE
Carers Charter in Action, An Evaluation Study 1994	V*	Caring for Carers Ireland

CARERS

Title	Type	Organisation
Carers Clinic	L	Caring for Carers Ireland
Carers Information Pack	IP*	Carers Association, The
CentreCare	L	CentreCare
Employment Options for Carers: Opportunities in the New Century, The European Eldercare Network 1999	V*	Caring for Carers Ireland
Helping You to Care – Information Pack for Carers and Persons Needing Care	IP	Irish Red Cross
Overcoming Isolation – Caring for Carers Information Technology Project	V*	Caring for Carers Ireland
The Balance of Care – A Study of Carers Needs in Co. Clare 1997	V*	
The Caregivers Diary	B	Alzheimer Society of Ireland, The
The Carers Charter	L	Caring for Carers Ireland
What is Cholesterol All About?	L	Irish Heart Foundation
Advice for the Older Person	L	Garda Community Relations
Age Matters	L	Age Concern Northern Ireland
Ageing Well Matters	L	
Community Alert	L	Muintir na Tíre
Looking to the Future	IP	
A Better Understanding of Depression	L	AWARE
Beat the Blues	L	

CHOLESTEROL

**COMMUNITY
DEVELOPMENT**

DEPRESSION

DIABETES

See also Cardiovascular Health
Feet, Ulcers,

Title	Type	Organisation
Beyond Depression	V	AWARE (contd...)
Bipolar Depression	B/CD	
Depression: The Facts	B/CD	
Keeping Hope Alive: A Guide for Family and Friends	B/CD	
Recommended Reading: Listings on Recommended Publications on Mental Health	L	
Senior Helpline	P/L	Summerhill Active Retirement Group
Staying Well After Depression	L	AWARE
Support Groups Meetings	L	
The Dublin Lecture Series	L	
A New Start – For People Treating their Diabetes with Diet or Diet and Tablets	v	Health Promotion Dept., South Eastern Health Board
Diabetes Helpline	P	Diabetes Federation of Ireland
Diabiteas le do Bheo? Bain Ceol as an Saoll!	L	
It's Only Natural – Healthy Eating with Diabetes	V	Health Promotion Dept., South Eastern Health Board
Living with Diabetes: A Publication for People with Newly Diagnosed Diabetes and Their Families	L	Diabetes Federation of Ireland
Physical Activity and Type 1 Diabetes	L	North Eastern Health Board
Physical Activity and Type 2 Diabetes	L	
The Self-Care Guide for People with Type 2 Diabetes	L	Diabetes Federation of Ireland

DISABILITY

See also Housing, Parkinson's Disease, Stroke, Vision

DRIVING

Title	Type	Organisation
Type 2 Diabetes: General Guidelines for Patients	L	Diabetes Federation of Ireland
What You Really Need To Know About.....Non-Insulin Dependent Diabetes	V	Health Promotion Dept., South Eastern Health Board
What You Really Need To Know About.....Insulin Dependent Diabetes	V	
Advocating Equal Citizenship	L	Northern Area Health Board
Ask Me. Guidelines for Effective Consultation with People with Disabilities	B	National Disability Authority
Breaking Barriers	V*	Health Promotion Unit, Mid-Western Health Board
Building for Everyone, Inclusion, Access & Use	V	National Disability Authority
Entitlements for People with Disabilities	B	Comhairle
Information for People with Disabilities 2003	P	
Irish National Disability Authority IT Accessibility Guidelines	B/V	National Disability Authority
Responding to Violence Against Women with Disabilities	B	Forum of People with Disabilities
The Employment Equality Act, 1998	L	
Your Rights as a Disabled Person Under the Law	B	
Drink Driving	L	National Safety Council
Fasten your Seatbelt	L	
Headlamps	L	

ENTITLEMENTS

See also Abuse, Housing

Title	Type	Organisation
Roundabout Ahead: Which Lane?	L	National Safety Council (cont...)
Slow Down Boys	L	
60-Wise: An Essential Guide to Enjoying an Independent Life in Later Years	B	Rukba Ireland
Advice and Information	L	Age Concern Northern Ireland
Benefits	P	
Benefits and Allowances for Vision Impaired Adults	L	National Council for the Blind of Ireland
CentreCare - Information, Support and Referral	L	CentreCare
Checklist for Pensioners	L	Dept. of Social and Family Affairs
Directory of Services for Older People in the West of Ireland	R/G	Age Action Ireland Ltd
Entitlements for People with Disabilities	B	Comhairle
Entitlements for the Over Sixties	B	
Home Truths: Renting a House on a Low-Income: Information on Housing Rights, Social Welfare Entitlements	L	Threshold
Homemakers Scheme	L	Dept. of Social and Family Affairs
Old Age (Contributory) Pension	L	
Old Age (Non-Contributory) Pension	L	
Pensioners and Savings	L	
Pre-Retirement Allowance	L	
Rates of Payment Booklet	L	

	Title	Type	Organisation
	Retirement Pension	L	Dept. of Social and Family Affairs
	Where to Complain	B	Comhairle
	Widow's/Widower's (Contributory) Pension	L	Dept. of Social and Family Affairs
	Widow's/Widower's (Non-Contributory) Pension	L	
EPILEPSY	What You Really Need to Know About.. Epilepsy	V*	Health Promotion Dept., South Eastern Health Board
EQUALITY	A Guide to the Employment Equality Act 1998	L	Equality Authority, The
	An Introduction to the Equal Status Act, 2000	L	
	Freedom of Information (Section 15)	B	
FALLS	Avoiding Slips, Trips and Broken Hips	L	RoSPA – Royal Society for the Prevention of Accidents
	Falls – How to Avoid Them and How to Cope	L	
	Growing Older..... Safely	B	
	How to Avoid Falls	L	
	Safety of Older People	L	
FEET	The Ageing Foot	L	Health Promotion Unit, Dept. of Health and Children or Health Promotion Dept., South Eastern Health Board
FINANCIAL WELL-BEING	Money Advice and Budgeting Service: A Free and Confidential Service	L	Money Advice and Budgeting Services (MABS)
	Social Welfare	L	Dept. of Social and Family Affairs
	You and Your Money. A Guide on How to Stay in Control	B	Money Advice and Budgeting Services (MABS)

FLU

FOOD SAFETY

HOUSING

Title	Type	Organisation
Flu	L	Health Promotion Dept., North Western Health Board
BBQ Hygiene – I Put my Best Friend in Hospital	L	SafeFood – Food Safety Promotion Board
Eating Outdoors	L	
Fridge Hygiene – It Wasn't Just the Bacteria That Gave Him Food Poisoning – I Did!	L	
Picnic Hygiene – My Family Were Sick for a Week	L	
Tips for Christmas	L	
Accommodation and the Equal Status Act	L	
Accommodation Option for Homeless People	L	Dept. of the Environment, Heritage and Local Government
Charter for Rented Housing	L	
Dealing with Mortgage Arrears	L	Threshold
Directory of Non-Profit/Voluntary Housing Services for the Elderly	B	Irish Council for Social Housing
Disabled Persons' Grant	L	Dept. of the Environment, Heritage and Local Government
Home Truths: Renting a House on a Low-Income: Information on Housing Rights, Social Welfare Entitlements	L	Threshold
Housing Options	L	Dept. of the Environment, Heritage and Local Government
Improvement Works in Lieu of Local Authority Housing	L	
Landlord & Tenant Mediation Service	L	

Title	Type	Organisation
Local Authority Housing	L	Dept. of the Environment, Heritage and Local Government (cont...)
Local Authority Loans for Home Purchase & Improvement	L	
Low Cost Housing Sites	L	
Mortgage Allowance Scheme	L	
Renting a Home from a Private Landlord: A Guide for Tenants	L	Threshold
Renting a Home from the Council: A Guide for Tenants	L	
Renting for the First Time	L	
Shared Ownership Scheme	L	Dept. of the Environment, Heritage and Local Government
Successor Tenants in the Formerly Rent Controlled Sector	L	
Tenant Purchase Scheme	L	
Voluntary Housing Schemes	L	
A Plan for Winter for Older Persons	B	Health Promotion Dept, North Western Health Board
BE WARM BE AWARE! Reach Out – Be a Good Neighbour	L	Energy Action Limited
Energy Saving Tips for Senior Citizens	L	
Irish Home Energy Rating	L	
Keep Warm This Winter Reach Out – Be a Good Neighbour	L	

HYPOTHERMIA

INCONTINENCE

JOINT REPLACEMENT

LEGAL ADVICE

LIFE-LONG LEARNING

Title	Type	Organisation
Stay Well and Warm in Winter	L	Health Promotion Dept, North Western Health Board
Winter Warmth Factsheet	L	Age Concern Northern Ireland
Incontinence	B	Health Promotion Service, Midland Health Board
A New Knee Joint	L	Arthritis Foundation of Ireland
Hip Replacement	L	
Court Witness Service	L	Victim Support
Families of Murder Victim Service	L	
Planning for Old Age: Some Legal Aspects	L	Mental Health Ireland
The Hospital Support Service	L	Victim Support
Victims Charter and Guide to the Criminal Justice System	B	Dept. of Justice, Equality and Law Reform
Working to Help You	L	Victim Support
Adult Educational Guidance Initiative	L	National Centre for Guidance in Education
Back to Education Programme	B	AONTAS - National Assoc. of Adult Education
Financial Support for Further and Higher Education 2003/2004	B	
Guide for Mature Students 2003	B	Student Support Unit , Dept. of Education and Science
National Association of Adult Education	L	AONTAS - National Assoc. of Adult Education
Sharing a Personal Pleasure – All You Need to Know About Senior Reading Groups	R/G B	Age & Opportunity

LITERACY

Title	Type	Organisation
Adult Literacy: Are You Aware?	L	National Adult Literacy Agency (NALA)
Do People Get Your Health Message?	P	
Family Learning	P	
Literacy Referral Guidelines Leaflet	L	
Literacy Resource Catalogue 2003	B	
NALA	IP	
Read Write	P	
Read Write Now – Radio/T.V. Series - Learner Workbook	IP	
Read, Write for a Better Life	P	
VEC Adult Literacy & Basic Education Services in Ireland	R/G	
Writing & Design Tips	B	
MEDICATION		
Facts You Should Know About the Medicines You Take	L	Mental Health Ireland
Knowledge is the Best Medicine	L	Irish Pharmaceutical Healthcare Association or Health Promotion Dept., South Eastern Health Board or Health Promotion Dept., North Western Health Board or Health Promotion Unit, Dept. of Health and Children
MENOPAUSE		
Menopause	L	Health Promotion Unit, Dept. of Health and Children
MENTAL HEALTH		
A Personal Story of Mental Breakdown and Recovery	L	Mental Health Ireland
A Positive Approach to Mental Health	L	

MENTORING

NUTRITION

Title	Type	Organisation
Accessing Mental Health Services	L	Mental Health Ireland
Directory of IACP Accredited Counsellors and Psychotherapists	B	Irish Association for Counselling & Psychotherapy
GROW: Ireland's Community Mental Health Movement	L	GROW
Information Pack	IP	Schizophrenia Ireland
Managing Your Mental Health	L	Mental Health Ireland
Physical Activity and Mental Health	L	North Eastern Health Board
Schizophrenia - What Does it Mean?	V*	Schizophrenia Ireland
Stress	L	Mental Health Ireland
Support, Information & Professional Services	L	Schizophrenia Ireland
Social Mentor Programme	L	Comhairle
Visit Someone Who Would Love to Talk to You	L	Rukba Ireland
A New Start – People Treating their Diabetes with Diet or Diet and Tablets	V*	Health Promotion Dept., South Eastern Health Board
All in a Day's Eating – An Introduction to Healthy Eating	V*	
Booklet on Coeliac Disease	B	Coeliac Society of Ireland
Diet and Inflammatory Bowel Disease	L	Irish Society for Colitis and Crohn's Disease
Eat Well to Stay Well in Later Years: A Guide to Eating for Health for Older People	L	Health Promotion Dept., North Western Health Board
Eat Well, Age Well	L	National Dairy Council
Food Allergy: The Facts	L	

Title	Type	Organisation
Food Tips for Older People	L	Health Promotion Unit, Dept. of Health and Children or Health Promotion Dept., South Eastern Health Board
Good Eating for a Happy Heart	L	Irish Heart Foundation
Healthy Eating for Older People	L	Safefood – Food Safety Promotion Board
It's Only Natural – Healthy Eating with Diabetes	V*	Health Promotion Dept., South Eastern Health Board
List of Gluten Free Manufactured Products	B	Coeliac Society of Ireland
Lose Weight for Life: the Healthy Weight Loss Guide	L	National Dairy Council
The Role of Dietary Fat in Health ..	L	
What You Really Need to Know About...Constipation	V*	Health Promotion Dept., South Eastern Health Board
Accidents and Hip Fractures in the Elderly	B	Irish Osteoporosis Society
Bone up on Osteoporosis - The Facts	L	National Dairy Council
Building Better Bones	B	Irish Osteoporosis Society
Dem Bones Need Calcium – General Guide on Bone Health	B	National Dairy Council
Exercise & Bone Health	B	Irish Osteoporosis Society
Exercise for Strong Bones	B	
Managing Pain (When You Have Osteoporosis)	B	
Osteoporosis	P	
Osteoporosis, Where Do You Stand?	B	

OSTEOPOROSIS

PARKINSON'S DISEASE

PHYSICAL ACTIVITY/LEISURE

RESIDENTIAL CARE

RETIREMENT

Title	Type	Organisation
Osteoporosis and You	V*	Health Promotion Unit, Mid-Western Health Board
The Key to Healthy Bones	B	Irish Osteoporosis Society
Exercises for People with Parkinson's Disease	L	Parkinson's Association of Ireland
Parkinson's Information	L	
Exercise & Bone Health	B	Irish Osteoporosis Society
Exercise for Strong Bones	B	
Gardening; Handy Horticultural Hints for the Older Gardener	L	Help the Aged
Get Active, Get Alive. A Handy Guide to Physical Activity for a Healthier Heart	L	Health Promotion Unit, Dept. of Health and Children <u>or</u> Irish Heart Foundation
Go for Life – Becoming More Physically Active	IP	Age & Opportunity (Go for Life)
Go for Life – Bowling Packs	IP	
Physical Activity and High Blood Pressure	L	North Eastern Health Board
Physical Activity for Older Adults	L	
Sli na Slainte	L	Irish Heart Foundation
The Key to Healthy Bones	B	Irish Osteoporosis Society
Charter of Rights for Older People	L	South Western Area / Northern Area / East Coast Area Health Boards
Opportunities in Retirement: New Challenges in Older Age	R/G	Age & Opportunity
Planning for the Years Ahead	B	Retirement Planning Council of Ireland

SECURITY

Title	Type	Organisation
RPC – RETIREMENT 2003. (2 DAY COURSE)	L	Retirement Planning Council of Ireland
Third Age New Life	V	Summerhill Active Retirement Group
Advice for the Older Person	L	Garda Community Relations
Aid Call	L	Age Concern Northern Ireland
Community Alert	L	Muintir na Tire
Looking to the Future	IP	
Scheme of Community Support for Older People	B	Dept. of Community, Rural and Gaeltacht Affairs
Victim Support – Working to Help You	L	Victim Support
Sexually Transmissible Infections. What? Who? How? Help?	L	Health Promotion Unit, Dept. of Health and Children
Information on Health & Smoking	L	Health Promotion Unit, Dept. of Health and Children <i>or</i> Health Promotion Dept., South Eastern Health Board <i>or</i> Health Promotion Dept., North Western Health Board
Just Be Smoke Free	L	Irish Cancer Society <i>or</i> Health Promotion Unit, Dept. of Health and Children
So You Want to Stop Smoking	V/L	Action on Smoking and Health (ASH) <i>or</i> Health Promotion Unit, Dept. of Health and Children <i>or</i> Health Promotion Dept., North Western Health Board <i>or</i> Health Promotion Dept., South Eastern Health Board
Stop Smoking Services. Information on Stop Smoking Courses	L	Health Promotion Dept., Southern Health Board

SEXUAL HEALTH**SMOKING**

**SOCIAL
INTERACTION/
LONELINESS**

Title	Type	Organisation
Stopping Smoking for a Healthy and Happy Heart	L	Irish Heart Foundation
About ALONE	L	ALONE
Can We Help Someone You Know?	L	Rukba Ireland
Charter	B	Friends of the Elderly
Friends of the Elderly	L	
Living Alone Allowance	B	Dept. of Social and Family Affairs
Neighbours: How to Deal with Some of the Problems that Can Occur, How to be a Better Neighbour	L	Help the Aged
Pets: Advice for Older People Who Are Thinking About Getting a Pet	L	
Tackling the Problems of Loneliness and Isolation Among Elderly People	L	Friends of the Elderly
The Senior Helpline	L/P	Summerhill Active Retirement Group
Visit Someone Who Would Love to Talk to You	L	Rukba Ireland
What You Really Need to Know About...Colostomies, Ileostomies & Urostomies	V	Health Promotion Dept., South Eastern Health Board
Things You Should Know About Stroke: A Guide for Patients and Carers	L	Irish Heart Foundation
Understanding Stroke	B	Volunteer Stroke Scheme
Free Travel	B	Dept. of Social and Family Affairs
General Health Information - Travelling Abroad	L	Health Promotion Unit, Dept. of Health and Children <u>or</u> Health Promotion Dept., South Eastern Health Board <u>or</u> Health Promotion Dept., North Western Health Board

**STOMAS
(Bowel Surgery)**

STROKE

TRAVEL

ULCERS

VISION

Title	Type	Organisation
Leg Ulcers	L	Health Promotion Unit, Dept. of Health and Children or Health Promotion Dept., South Eastern Health Board or Health Promotion Dept., North Western Health Board
Advisory/Legal Services	L	National League of the Blind of Ireland
An Information Sheet on Macular Degeneration (MIST – Macular Impairment Support & Togetherness)	L	National Council for the Blind of Ireland
Application and Interview Guidelines for People with a Visual Impairment	L	
Benefits and Allowances for Vision Impaired Adults	L	
Examinations for People with a Visual Impairment	L	
Family Therapy	L	
Four-Track Talking Library Service	L	
Guidelines for Teaching People with a Visual Impairment	L	
Hospital Visitation	L	National League of the Blind of Ireland
How to Guide a Blind Person	L	National Council for the Blind of Ireland
Income Support Scheme	L	National League of the Blind of Ireland
Leisure Activities	L	
Leisure Activities for Vision Impaired People	L	National Council for the Blind of Ireland
Organisations Providing a Service to People with a Vision Impairment	L	
Peer Counselling – Do You Need Someone to Talk to?	L	

VOLUNTARY ORGANISATIONS
WOMEN'S HEALTH

Title	Type	Organisation	
People with a Visual Impairment – General Guidelines	R/G	National Council for the Blind of Ireland (cont...)	
Places to Visit	L		
Self Advocacy Movement	L		
Technology Services	L		
Understanding Age Related Macular Degeneration	L		
Understanding Cataracts	L		
Understanding Diabetic Retinopathy	L		
Understanding Glaucoma	L		
Understanding Retinal Detachment	L		
Using Residual Vision	L		
Who We Are and What We Do	L		
You and Your Will: How to Make Your Will or Leave a Legacy	L	Comhairle	
Directory of National Voluntary Organisations and Other Agencies	R/G		
An Grianan Programme	B		
Arts Awards Schedule	B		
Information Leaflet	L		
The Hysterectomy Book	L		
What You Really Need to Know About Cervical Smear and Its Results	V*		
			Health Promotion Unit, Dept of Health and Children or Health Promotion Dept., South Eastern Health Board

Agency	Address	Tel	Fax	Web-site	E-mail
Action on Smoking and Health (ASH)	5 Northumberland Road, Ballsbridge, Dublin 4	01 6607044	01 6607955	www.ash.ie	ashire@iol.ie
Age & Opportunity	Marino Institute of Education, Griffith Avenue, Dublin 9	01 8057709	01 8535117	www.olderinireland.ie	ageandop@mie.ie info@olderinireland.ie
Age Action Ireland Ltd	30/31 Lwr. Camden Street, Dublin 2	01 4756989	01 4756011	www.ageaction.ie	info@ageaction.ie
Age Concern Northern Ireland	3 Lwr. Crescent, Belfast BT7 1NR, Northern Ireland	048 90245729	048 90235479	www.ageconcernni.org	info@ageconcernni.org
ALONE	1 Willie Bermingham Place, Kilmainham Lane, Dublin 8	01 6791032		www.alone.ie	alone@iol.ie
Alzheimer Society of Ireland, The	43 Northumberland Avenue, Dun Laoghaire, Co Dublin	01 2846616	01 2846030	www.alzheimer.ie	info@alzheimer.ie
AONTAS - National Assoc. of Adult Education	2nd Floor, 83-87 Main Street, Ranelagh, Dublin 6	01 4068220/1	01 4068227	www.aontas.com	mail@aontas.com
Arthritis Foundation of Ireland	1 Clanwilliam Square, Grand Canal Quay, Dublin 2	01 6618188	01 6618261	www.arthritis-foundation.com	info@arthritis-foundation.com
AWARE	72 Lwr. Leeson Street, Dublin 2	01 6617211 LoCall - 1890 303302	01 6617217	www.aware.ie	info@aware.ie
CancerBACUP UK	3 Bath Place, Rivington Street, London EC2A 3JR, England	0044 207 6167628	0044 207 6969002	www.cancerbacup.org.uk	
Carers Association, The	Priors Orchard, John's Quay, Kilkenny	056 7721424 056 7722854 1800 240724	056 7721446	www.carersireland.com	director@carersireland.ie

Agency	Address	Tel	Fax	Web-site	E-mail
Caring for Carers Ireland	Abbey Arcade, Abbey Street, Ennis, Co Clare	065 6866515	065 6867710	www.caringforcarers.org	caringforcarers@eircom.net
Celltech Pharma Ireland Ltd	25 Sandyford Office Park, Foxrock, Dublin 18	01 2695111	01 2695128	www.celltechgroup.com	ellen.martin@celltech-group.com
CentreCare	1A Cathedral Street, Dublin 1	01 8726775 01 8746915	01 8727003	www.centrecare.ie	info@centrecare.ie
Coeliac Society of Ireland	Carmichael House, 4 North Brunswick Street, Dublin 7	01 8721471	01 8735737	www.coeliac.ie	coeliac@iol.ie
Comhairle	7th Floor, Hume House, Ballsbridge, Dublin 4	01 6059000	01 6059099	www.comhairle.ie www.oasis.gov.ie	comhairle@comhairle.ie
CROSSCARE	The Red House, Clonliffe College, Dublin 3	01 8360011	01 8367166	www.crosscare.ie	ccassells@crosscare.ie
Dept. of Community, Rural and Gaeltacht Affairs	Dun Airmhigin, 43 - 49 Mespil Road, Dublin 4	01 6473000 LoCall - 1890 474847	01 6670826		
Dept. of Justice, Equality and Law Reform	72-76 St. Stephen's Green, Dublin 2	01 6028202	01 6615461	www.justice.ie	info@justice.ie
Dept. of Social and Family Affairs	Aras Mhic Dhiarmada, Store Street, Dublin 1	01 7043000		www.welfare.ie	info@welfare.ie
Dept. of the Environment, Heritage and Local Government	Custom House, Dublin 1	01 8882000 LoCall - 1890 202021	01 8882888	www.environment.ie	department@environ.ie
Diabetes Federation of Ireland	76 Lwr. Gardiner St., Dublin 1	01 8363022 1850 909909	01 8365182	www.diabetesireland.ie	info@diabetes.ie

Agency	Address	Tel	Fax	Web-site	E-mail
East Coast Area Health Board	Southern Cross House, Southern Cross Business Park, Boghall Road, Bray, Co Wicklow	01 2014200	01 2014201	www.ehss.ie	
Energy Action Limited	IDA, Unit 14, Newmarket, Dublin 8	01 4545464	01 4549797	www.energyaction.ie	info@energyaction.ie
Equality Authority, The	2 Clonmel Street, Dublin 2	01 4173333 LoCall - 1890 245 545	01 4173366	www.equality.ie	info@equality.ie
Forum of People with Disabilities	21 Hill Street, Dublin 1	01 8786077	01 8786170	www.inforum.ie	inforum@indigo.ie
Friends of the Elderly	25 Bolton Street, Dublin 1	01 8731855	01 8731617	www.friendsoftheelderly.ie	info@friendsoftheelderly.ie ireland@little-brothers.org
Garda Community Relations	Harcourt Square, Dublin 2	01 6663871 01 6663834		www.garda.ie	
Go For Life (Age & Opportunity)	Marino Institute of Education, Griffith Avenue, Dublin 9	01 8057733	01 8535117	www.olderinireland.ie	gfl@mie.ie info@olderinireland.ie
GROW	Community Mental Health Movement, Ormonde Home, Barrack Street, Kilkenny	056 7761624	056 7751615	www.ossory.ie	growofficekk@eircom.net
Health Promotion Dept., North Western Health Board	Saimer Court Shopping Centre, Main Street, Ballyshannon, Co Donegal	071 9852000	071 9851287	www.nwhb.ie	geraldine.delorey@nwhb.ie
Health Promotion Dept., South Eastern Health Board	5 Dean Street, Kilkenny	056 7761400	056 7764112	www.sehb.ie	hpd@sehb.ie
Health Promotion Dept., Southern Health Board	Eye, Ear and Throat Hospital, Western Road, Cork	021 4921641	021 4921655	www.shb.ie	gosnellm@shb.ie

Agency	Address	Tel	Fax	Web-site	E-mail
Health Promotion Service, Midland Health Board	3rd Floor, The Mall, William Street, Tullamore, Co Offaly	0506 46733/0	0506 46747	www.mhb.ie	fiona.comerford@mhb.ie
Health Promotion Unit, Dept. of Health & Children	Hawkins House, Hawkins Street, Dublin 2	01 6354000	01 6354001	www.healthpromotion.ie	healthpromotionunit@ health.irlgov.ie
Health Promotion Unit, Mid-Western Health Board	3 Parkview House, Pery Street, Limerick	061 483311			aphelan@mwhb.ie
Health Promotion Unit, North Eastern Health Board	Railway Street, Navan, Co Meath	046 9071872		www.nehb.ie	info@nehb.ie
Help the Aged	Head Office, 207 - 221 Pentonville Road, London N1 9UZ, UK	0044 207 2781114	0044 207 2781116	www.helptheaged.org.uk	info@helptheaged.org.uk
Ileostomy, Colostomy & Internal Pouch Support Group	C/O Ms Cepta Burke, Secretary, 29 Springdale, Tullow Road, Carlow	059 9131005 087 699 2916			ceptab@eircom.net
Irish Association for Counselling and Psychotherapy	8 Cumberland Street, Dun Laoghaire, Co Dublin	01 2300061	01 2300064	www.irish-counselling.ie	iaact@irish-counselling.ie
Irish Cancer Society	5 Northumberland Road, Dublin 4	01 2310500	01 2310555	www.cancer.ie	reception@irishcancer.ie
Irish Cervical Screening Programme	South West Wing, St. Josephs Hospital, Mulgrave Street, FREEPOST LK407, Limerick	061 461390 1850 252600	061 481810	www.icsp.ie	icsp@mwhb.ie
Irish Council for Social Housing	50 Merrion Square, Dublin 2	01 6618334	01 6610320	www.icsh.ie	info@icsh.ie

Agency	Address	Tel	Fax	Web-site	E-mail
Irish Countrywomen's Association	Central Office, 58 Merrion Road, Dublin 4	01 6680453	01 6609423		info@ica.ie
Irish Heart Foundation	4 Clyde Road, Ballsbridge, Dublin 4	01 6685001	01 6685896	www.irisheart.ie	info@irisheart.ie
Irish Hospice Foundation	Morrison Chambers, 32 Nassau Street, Dublin 2	01 6793188	01 6730040	www.hospice-foundation.ie	info@hospice-foundation.ie
Irish Osteoporosis Society	33 Pearse Street, Dublin 2	01 6774267	01 6774267		
Irish Pharmaceutical Healthcare Association	Franklin House, 140 Pembroke Road, Dublin 4	01 6603350	01 6686672	www.ipha.ie	info@ipha.ie
Irish Red Cross	16 Merrion Square, Dublin 2	01 6765135 LoCall - 1850 650651	01 6614461	www.redcross.ie	info@redcross.ie
Irish Society for Colitis and Crohn's Disease	Carmichael House, North Brunswick Street, Dublin 7	01 8721471 01 8721476	01 8735737	www.iscc.ie www.coeliac.ie	info@iscc.ie coeliac@iol.ie
Mental Health Ireland	Mensana House, 6 Adelaide Street, Dun Laoghaire, Co Dublin	01 2841166	01 2841736	www.mensana.org www.mentalhealthireland.ie	info@mentalhealthireland.ie
Money Advice and Budgeting Services (MABS)	Killinarden Enterprise Park, Tallaght, Dublin 24 or Unit 25a Tait Business Centre, Dominic Street, Limerick	01 4519630 061 419388	01 4516438 061 418098	www.mabs.ie	tallaght@mabs.ie
Muintir na Tíre	Canon Hayes House, Tipperary Town, Co. Tipperary	062 51163	062 51200	www.muintir.ie	headoffice@muintir.ie
National Adult Literacy Agency (NALA)	76 Lwr. Gardiner Street, Dublin 1	01 8554332	01 8555475	www.nala.ie	literacy@nala.ie
National Centre for Guidance in Education	1st Floor, 42-43 Prussia Street, Dublin 7	01 8690715/6	01 8690717	www.ncge.ie	info@ncge.ie

Agency	Address	Tel	Fax	Web-site	E-mail
National Council for the Blind of Ireland	P V Doyle House, Whitworth Road, Drumcondra, Dublin 7	01 8307033	01 8307787	www.ncbi.ie	info@ncbi.ie
National Dairy Council	Grattan House, 28 Westland Square, Dublin 2	01 6169726	01 6169760	www.ndc.ie	ndc@ndc.ie
National Disability Authority	25 Clyde Road, Ballsbridge, Dublin 4	01 6080400	01 6609935	www.nda.ie	nda@nda.ie building@nda.ie
National League of the Blind of Ireland	21 Hill Street, Dublin 1	01 8742792 01 8745827	01 8787139	www.local.ie	
National Safety Council	4 Northbrook Road, Ranelagh, Dublin 6	01 4963422	01 4963306	www.nsc.ie	info@nsc.ie
North Eastern Health Board	Navan Road, Kells, Co Meath	046 9240341	046 9241459	www.nehb.ie	info@nehb.ie
Northern Area Health Board (Northside Counselling Service)	Health Promotion Service, Park House, 3rd Floor, 191-197 North Circular Road, Dublin 7	01 8823403/14 01 8131800	01 8823409	www.ehss.ie	hpdhealth.promotion@erha.ie
Parkinson's Association of Ireland	Carmichael Centre, Nth Brunswick Street, Dublin 7	01 8722234 /5540 1800 359359	01 8735737	www.carmichaelcentre.ie	parkinsonsireland@eir-com.net
People with Disabilities in Ireland Ltd (PwDI)	Richmond Square, Morning Star Avenue, Dublin 7	01 8721744	01 8721771	www.pwdi.ie	info@pwdi.ie
Retirement Planning Council of Ireland	27/29 Lwr. Pembroke Street, Dublin 2	01 6613139	01 6611369	www.rpc.ie	info@rpc.ie coursebooking@rpc.ie
RoSPA – Royal Society for the Prevention of Accidents	Nella House, Dargan Crescent, Belfast BT3 9JP, Northern Ireland	048 90501160	048 90501164	www.rospace.com	help@rospace.co.uk
Rukba Ireland	Knockeen, Co Waterford	051 379312	051 352927	www.rukba.ie	

Agency	Address	Tel	Fax	Web-site	E-mail
Safefood – Food Safety Promotion Board	7 Eastgate Avenue, Eastgate, Little Island, Co Cork	021 2304100 LoCall - 1850 404567	021 2304111	www.safefoodonline.com	info@safefoodonline.com
Schizophrenia Ireland	38 Blessington Street, Dublin 7	01 8601620	01 8601602	www.sirl.ie	info@sirl.ie
Senior Help Line	Third Age Centre, Summerhill, Co Meath	1850 440444	046 9557766	www.thirdageireland.com	info@thirdageireland.com
South Western Area Health Board	Oak House, Limetree Avenue, Millennium Park, Naas, Co Kildare	045 880400	045 880482		
Student Support Unit, Dept. of Education and Science	Portlaoise Road, Tullamore, Co Offaly	056 7721363 056 7724386 01 8734700	056 7751340	www.education.ie	department@environ.ie
Summerhill Active Retirement Group	Third Age Centre, Summerhill, Co Meath	046 9557766	046 9557766	www.thirdage-ireland.com	info@thirdage-ireland.com
Threshold	21 Stoneybatter, Dublin 7	01 6786096	01 6772407	www.threshold.ie	info@threshold.ie
Victim Support	Haliday House, 32 Arran Quay, Dublin 7	01 8780870	01 8780944	www.victimsupport.ie	info@victimsupport.ie
Volunteer Stroke Scheme	249 Crumlin Road, Dublin 12	01 4559036	01 4557013	www.strokescheme.ie	vss@iolfree.ie

National Council on Ageing
and Older People

22 Clanwilliam Square
Grand Canal Quay
Dublin 2
Tel: 01 6766484
Fax: 01 6769583

An Comhairle Náisiúnta um
Aosú agus Daoine Aosta

22 Cearnóg Chlann Liam
Cé na Mórchanálach
Baile Átha Cliath 2
E-mail: info@ncaop.ie
Web: www.ncaop.ie

